

THE WALK

SCOTLAND TO ETHIOPIA

Thank you for choosing to take part in The Walk, every penny you raise will make a huge difference to women like Orbisa.

That's why we're taking on The Walk, to show solidarity and raise money for families like Orbisa's by walking 6,000 from Scotland to Ethiopia. Your feet can bring good news to people struggling without water and every mile you contribute will help us complete this journey of hope.

I WOULD WALK 6,000 MILES...

Choose one of the following to suit your ability and capacity, and decide on your timescale to complete the challenge. Then contribute your miles to the total, by emailing scotland@tearfund.org, to help us make the 6,000 mile journey from Scotland to Ethiopia together.

Option 1:	Walk 50 miles
Option 2:	Walk 100 miles
Option 3:	Walk 150 miles
Wildcard:	Walk 10 hours in one day (just like Orbisa)

Or you can choose to take on your own personal challenge, so long as you make sure you let us know how far you walk. Every step takes us closer to the destination.

It's a good idea to make a plan for how many miles you're going to walk and when. Make a note of it so you can keep track of the progress you've made to reach your goal.



SIGN UP AND FUNDRAISE

If you haven't already, sign up for the challenge then begin spreading the word. We'll set up a JustGiving page for you and you can also use social media to encourage people to donate.

Remember, we're keeping track of everyone's progress, so let us know how many miles you plan to walk at scotland@tearfund.org



BEFORE YOU START...

Make sure you have done enough training to take on your selected challenge, especially if selecting the Wildcard option. When you start each walk:

- **Make sure you're warmed up and ready to go**
- **Wear sturdy, comfortable footwear and appropriate clothing**
- **Make sure you have enough food and water with you**
- **Take regular breaks and stop if you feel too tired**
- **Let someone know where you're walking and when you expect to be home**
- **Carry a mobile phone with you in case of an emergency**

If you have any doubt about your health or have a medical condition that could be affected, including coronavirus symptoms, please do not take part in this challenge.



TOP TIPS

It's important to keep motivated as you take on your challenge, so here are a few pointers to help:

- Let us know how many miles you are planning to walk by emailing scotland@tearfund.org so we can update our journey to Ethiopia
- Listen to your favourite music, audiobooks or podcasts to pass the time
- Share photos and videos of you completing the challenge on social media to encourage your friends to donate or even to take part too

WE'RE HERE TO HELP

If you have any questions or need any support with your fundraising, please contact Tearfund Scotland at scotland@tearfund.org or 0141 3323621.

DISCLAIMER: Please remember that whilst Tearfund is grateful for your support, you are responsible for your own health and welfare during this challenge. You should seek medical advice prior to taking part where appropriate. You should stop the challenge immediately if you feel unwell. Tearfund cannot be held responsible for any liability arising from the The Walk challenge.

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